

# Fruits and Veggies Are Key to Good Health

- Eating a wide variety and quantity of fruits and vegetables every day helps you get the fiber, minerals, vitamins, and phytochemicals (fight-o-chemicals) you need to stay healthy.
- Diets rich in fruits and vegetables may help maintain:
  - Lower risk of cancers of the lung and gastrointestinal tract
  - Cholesterol levels that are already healthy
  - Healthy heart
  - Healthy immune system
  - Healthy aging
  - Memory function
  - Urinary tract health
  - Vision health
  - Strong bones and teeth



## Prescription for Good Health

- Fill half your plate with fruits and veggies at every meal.
- Eat a colorful variety of fruits and veggies every day.
- Make fruits and veggies your first choice for snacks.

## Fruits and Veggies are Key to Weight Loss Because They Are . . .

- Low in fat and calories
- Filling (because they are high in water and fiber)
- Tasty substitutes for high calorie foods



## What Fruits and Veggies Count?

- Fresh
- Frozen
- Dried
- Canned
- 100% Juices
- Beans – try salads, soups, dips, burritos and hummus



## Looking for Easy Ways to Eat More Fruits and Veggies? Lettuce Hear From You!

5 A Day Program

phone: 603-271-4830 (or, in NH only, 800-852-3345, Ext.4830)

e-mail: [5aday@dhhs.state.nh.us](mailto:5aday@dhhs.state.nh.us)

website: [www.dhhs.nh.gov/DHHS/NHP](http://www.dhhs.nh.gov/DHHS/NHP)